

Looking before leap year

By Peg Dillard

Correspondent

If your birthday was on Tuesday last year, it should be on Wednesday this year, except it is a leap year. That's the big changes is the year is 52 weeks plus two days instead of one day.

So, for leap year people, if your birthday fall on Tuesday last year it will fall on Thursday this year. It's leaped over a day of the week. Thus, we have an explanation for the name "leap year." The "leap" occurs from March 1 after leap year's Feb. 29, through the following Feb. 28.

Another explanation for the name "leap year" is the extra day every four years and the day preceding it were once regarded as one in the eyes of the law.

The regular day was considered the "legal" day and the additional day was judged not to be legally a day and lacked status in the English courts.

Feb. 29 was "leaped over" in the record, since whatever happened on Feb. 29 was dated Feb. 28.

The leap day is added to the calendar every four years, also falling on Feb. 29, and to the century years divisible by 400. This brings the calendar year in line with the solar year that lasts 365 days plus six hours.

With the leap day added every four years and on century years divisible by 400, the solar year matches the calendar year except for a gain of 26 seconds which will take 3,323 years to gain a day.

Leap year has also been traditionally the year single women fall in love with married men on Feb. 29 and throughout the year. Long-prevailing tradition had given the right to propose to men only.

One explanation for the custom of women proposing during leap year is traced to an ancient Irish legend about St. Patrick and St. Bridget. The legend says Bridget complained to Patrick that her charges in the nursery were unhappy because they were not proposed marriage. (Celtic in religion order was then based on private vows, not church requirements.)

Patrick finally agreed to the right of proposal for women, allowing every four years on leap year, the longest year. It is also said Bridget then promptly proposed to Patrick, who accepted, promising instead a kiss and a silk gown.

Similar laws that allowed women to propose during leap year spread to France and Italy and eventually the United States.

Custom required that any man who accepted a woman's proposal during leap year give the woman a kiss and either a silk dress or a pair of gloves. This tradition is no longer taken seriously, but unmarried men who like to be prepared might consider stocking up on silk dresses and/or gloves, and silk ointment.

Among the happiest people during leap year are those who can really count their birthday. Most of the "leap years" consider Feb. 28 their birthday on non-leap years. But in leap year, everyone has a birthday.

All the rest of the people, born on regular days, probably never consider not having a birthday every year.

But this year, a leap year, everyone has a birthday, so be ready on Feb. 29 with the "leap-years" as they celebrate with songs and cakes and fun enough to last four years.

Lovejoy professor makes Who's Who

Charlotte Johnson, assistant professor at Southern Illinois University at Edwardsville, and the University's SIEUE Lovejoy Library, has been included in the 21st edition of Who's Who in the Midwest.

Johnson also has been selected for induction in the Directory of Librarians and Information Professionals.

Johnson came to SIEUE as Lovejoy's science librarian in January 1982. She was promoted to head of the library in February 1984. Last year, she was president of the Southern Illinois Network of Women and now serves as treasurer of both the SIEUE chapter and conference of the American Association of University Professors.

Before coming to SIEUE, John-

son was assistant physical sciences librarian at Oklahoma State University. She also has taught in Australia.

Who's Who in the Midwest, first published in 1949, has a biographical guide to men and women who, through their industry, dedication and ability, have become leaders in their professions. Biographies of 21,000 individuals in the most recent edition are distinguished by a distinction limited to only four persons in 10,000 in a region's population.

The Directory of Librarians and Information Professionals is a comprehensive compilation of 500 libraries and a listing of other information professionals throughout North America.

Before coming to SIEUE, John-

Home and Garden Show to offer 1,000 exhibits

By Lorraine Forsythe

Staff affiliate

Senior citizens who remember when admission to a special event was a tiny fraction of what it is today are in for a real treat during the annual five-day Home and Garden Show at the Convention Center.

From noon to 5 p.m. 3 and 4, people 63 years and older will be admitted free. They have nothing on this annual spring spectacular sponsored by the Home Builders Association of Greater St. Louis. At these times, senior citizens present proof of age at the box office can attend the show for free.

"We feel older adults will find this special offer to be a valuable service," said Nancy Mofek, the association's staff vice president for public affairs. "Without spending a dime, they can take advantage of this unique opportunity to see all the exhibits, seminars and services under one roof."

"We chose the times we did because we felt they would be convenient for senior citizens. Also, the show is not as crowded on weekday afternoons, so visitors can take a more leisurely approach to viewing the exhibits and can see more of them."

The show, scheduled for March 2 through 6, will turn the regional clock ahead a few weeks to present a vast panorama of home and garden-related exhibits in a bright, colorful springtime setting.

The show, sponsored by the Home Builders Association, will be held at the Convention Center.

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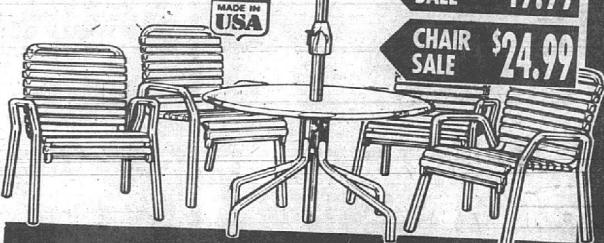
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Obituaries

Brown

Clarence William Brown, 80, Murphysboro, formerly of Venice, died at 9 p.m. Friday, Feb. 19, 1988, at St. Joseph Hospital, Murphysboro.

Born Feb. 4, 1908, in North Venice, Mr. Brown resided in Venice for many years before moving to Murphysboro.

An longtime employee of the former Union Starch and Refining Co., Granite City, where he worked as a welder prior to retiring.

Survivors include his wife, Mrs. Margaret Brown; one son, Gerald Brown, Granite City; two daughters, Mrs. Wanda Anderson and Mrs. Joyce Jackson, both of Dallas; a sister, Mrs. Elsie Balfill, Waverly, Ohio; nine grandchildren and seven great-grandchildren.

Services were conducted by the Rev. Ray Faulkner at 3 p.m. Monday at Pettett Funeral Home, Murphysboro. Burial was at Pleasant Grove Memorial Cemetery, Murphysboro.

Casey

Meghan Anne Casey, 4½ days old, St. Louis County, died at noon Sunday, Feb. 21, 1988, at St. Louis Children's Hospital. She had been born prematurely Feb. 16 in St. Louis.

Survivors include her parents, Peter D. and Marian K. (Sullivan) Casey; a sister, born Feb. 19, of Granite City; a twin sister, Alanna Marie Casey; and her grandmother, Mrs. Sarah Casey, St. Louis.

Private funeral services will be held at Kriegshausen-West Mortuary, 9450 Olive Street, St. Louis. Interment will be at St. Peter and Paul Cemetery, St. Louis. Memorial donations may be sent to Mensa Educational and Research Foundation, 2626 East 14th St., Brooklyn, N.Y. 11235.

DeShasier

Harold C. DeShasier, 80, Granite City, died at 11:20 a.m. Monday, Feb. 22, 1988, at St. Elizabeth Medical Center. He was hospitalized for three days.

Mr. DeShasier was born Dec. 2, 1907, in White Hall, Ill., and resided in Granite City for 45 years.

He was employed as a railroad switchman for 30 years and retired in 1973. He was a member of Calvary Baptist Church.

Survivors include his wife, Mabel (Thaxton) DeShasier; three daughters, Mrs. Robert (Dorothy) Daugherty, Granite City; Mrs. Don Schuck, Forest Park, Ill., and Mrs. Joe (Judy) Mayes, Paducah, Ky.; one son, Galt DeShasier, Maryville; one brother, Harry DeShasier, Kane, Ill.; two sisters, Mrs. Beverly (Louise) Shaw, White Hall, and Evelyn (Lester) Berdan, Ill.; eight grandchildren; and five great-grandchildren.

Arrangements were pending at Mercer Mortuary, 1416 Niedringhaus Ave., where 876-4321 may be called for further information.

Maulding

Struck by an auto, Scott Allen Maulding, 18, 1931 Grand Ave., was pronounced dead at 12:40 p.m. Monday, Feb. 22, 1988, by Deputy Coroner Ed Morton.

Mr. Maulding was riding in the open bed of a southbound pickup truck when he a gust of wind caused him to fall onto the northbound lane of State Route 16, Leland, Ill. He was immediately hit by the northbound car of Mark LaPlantz, 30, Belleville, who was unable to stop in time, Illinois State Police said.

The victim was in the process of moving to the State Park Place residential area when the accident occurred. Assisting him in the move was the driver of the truck, John R. Stapleton, 19, 2239 Black Lane.

Mr. Maulding was born in St. Louis, Ill., and had lived in Granite City for six years.

Survivors include his wife, Serina; one daughter, Kimberly Elizabeth Maulding; his parents, Jerry and Linda Maulding; and two brothers, Douglas Bradley and Todd Maulding, all of Granite City; and his grandparents, Mr. and Mrs. Lester (Norma) Cummings, Granite City.

Private funeral services were planned with burial at Valley View Cemetery, Edwardsville. Davis Funeral Home, 21st Street and Cleveland Blvd., was in charge of arrangements.

Births

Births recorded at St. Elizabeth Medical Center include:

BOY

Mr. and Mrs. Xe Pham, 1320 Oriole St., Venice, Feb. 12, Jonathan Ross, 7 pounds, 2 ounces.

GILBERT GILBERT

Mr. and Mrs. David Newton, 2020 Warren Ave., Feb. 10, Jessica Ardorino, 6 pounds, 6 ounces.

Mr. and Mrs. John Bell, 2513 Jerden Ave., Feb. 12, Crystal Lynn, 8 pounds, 11 ounces.



SAFETY IN THE SKIES Bob Beckett of Belleville makes sure TWA flights out of Lambert St. Louis International Airport are air-worthy. He received an FAA certificate at Belleville Area College.

(BAC photo by Ed Sede)

Without his signature those jets won't fly

Safety in the skies is more than a slogan for Belleville Area College graduate Bob Beckett; it's his job.

Beckett, 37, Belleville, certifies the air-worthiness of airplanes flying out of Lambert St. Louis International Airport. He is a federally licensed aircraft and powerplant mechanic for TWA and has maintained airplanes for 14 years.

Beckett holds BAC's aviation maintenance technology program and received an FAA airframe and powerplant certificate in 1986.

"I put myself through," Beckett said. "It was the timetable at BAC that was important to me. I was one year at BAC versus 18 months for the same program elsewhere. It was almost half

for about \$20 one-way."

Beckett has the responsibility for flights on his shift. Every TWA aircraft that leaves the airport must be visually inspected and the crew's log book problem must be checked and signed off.

Beckett holds BAC's aviation maintenance technology program and received an FAA airframe and powerplant certificate in 1986.

"You need experience," Beckett said. "That experience from my first job helped me get the job with TWA."

He recently returned to BAC for additional course work and received an associate of applied science degree. He has also taken advanced training provided by TWA to work with the new technology in airplanes.

Airplanes are for Beckett.

Charm symbolizes Women of Achievement selection

Last week a reporter for the *Suburban Journal* received a call from the manager of the Lettuce Leaf restaurant. She was told that the reporting charwoman for the 10 women who will join their ranks representing the year 1987 still will be accepted. Nominations will close Feb. 29, 1988.

The names of the 10 women, who will be selected on the basis of their dedication and service to the community, will be announced on April 13. They will be honored at a luncheon at the Adam's Mark Hotel on May 9.

Information on prospective Women of Achievement should be typed or neatly hand-written and include as much information as possible about the nominee, her address and phone number and the name and address of the person writing the letter.

Letters should be mailed to Mary Jo Hebert, Women of Achievement Committee, Suburban Journal, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

ment program is being sponsored by the *Suburban Journal* and KMOX Radio. For the next month, the names of the 10 women who will join their ranks representing the year 1987 still will be accepted. Nominations will close Feb. 29, 1988.

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Race

Haine versus Allen

Over campaign

(Continued from Page 1)

"I know who Ronnie Martin is," Allen said Tuesday. "I prefer that we not go into it (give support), but what can I do?"

Allen said there are many people supporting candidates for office and the background of each supporter may not be known. Allen said that in 1984 a convicted felon had the consent of former State's Attorney Don Weber, supported Weber.

Haine said Monday his campaign was offered \$200 in cash by Martin, but it was refused because it represented a potential conflict of interest. Haine said Allen should also refuse Martin's help because Allen's office is supposed to oppose defendants like Martin.

"What does he (Martin) expect to go in return from Dick?" Haine asked.

"Nothing. He has nothing before me," Allen said. "My recollection is that it was an open plea, meaning he 'put' to me that he would charge with which was solicitation to commit arson. I can do nothing for him."

Martin could not be reached for comment Tuesday.

Authorities said Martin faces sentencing in connection with damage done to the Huck's Convenience Store at Lake Drive and Pontoon Beach on April 23, 1986.

A fraud charge filed against Martin in 1985 by the Illinois Secretary of State was dismissed

on a motion by the state's attorney.

In July 1983, Martin was sentenced to two years of probation and ordered to pay \$500 for criminal damage to property in Pontoon Beach.

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6A GRANITE CITY JOURNAL — February 24, 1988

Bridge repairs may prompt van pooling

By Ed Gurney
Staff affiliate

When the Madison County Transit District began its van pooling program in 1982, it was predicted that 100 vans would be operating within two years.

Six years later, the program, now also offered in other nearby counties, St. Clair and other nearby counties, has only 21 vans.

"It just demonstrates the choice of the people," said Jerry Kane, transit managing director. "People who drive individually or see conditions like the repair of the Martin Luther King Bridge, people will tend to choose to drive their own car."

The King Bridge repairs (predicted to be) begin April 18, when the structure will be closed to traffic) and subsequent Poplar Street Bridge improvements could change driving habits.

The King Bridge repairs, being taken, the bridge work will virtually divide traffic backups to an hour westbound in the morning and 45 minutes eastbound in the afternoon, according to the Illinois Department of Transportation.

"We hope this helps the program," Kane said. "If it doesn't, nothing else will, short of a fuel crisis."

Motorists normally choose to drive their own autos unless they are forced to switch, he said.

"I think you will see a dramatic increase in the use of mass transit during the (bridge) projects," Kane said. "If people are happy with the services they will continue after the project is completed."

IDOT is providing funds to help subsidize "empty seat" promotional costs. That is, it will pay part of the expense for vans put into service with less than the full 16-passenger load.

IDOT will also pay the cost of an additional employee to help market the van pool program, Kane said.

Information about van pooling is available by calling the toll-free telephone number, 1-800-VIP-RIDE.

The van pool program is currently sponsored by the Madison County Transit District. The dis-

trict contracts with Van Pool Services Inc., a subsidiary of Chrysler Corp.

The district pays the salary of project manager Jane Harrison, a monthly administration fee and other costs. The district also pays a mileage fee for the program at its headquarters in the transit district center near Interstate 270 in Pontoon Beach.

The annual cost of the program to the district is between \$50,000 and \$60,000, Kane said.

The St. Clair County Transit District once helped pay the costs directly. Now, St. Clair County receives the service in a

"I think you will see a dramatic increase in all forms of mass transit during the projects," Jerry Kane

trade-off; St. Clair pays for some services that benefit Madison County, such as bus routes serving both counties, Kane said.

Harrison said most of the vans currently in service are from St. Clair and Madison counties into the city of St. Louis. Many go downtown, but five go to the federal center on Government Boulevard.

Under the rules of the program, the driver rides for free and is allowed personal use of the van after work; 150 miles of personal use are free and, after that, a small mileage fee is charged.

The driver's insurance is paid.

The driver is responsible for arranging minor maintenance. More extensive maintenance is handled at the transit center in Pontoon Beach.

The 14 passengers pay a monthly cost for leasing and operating the van. The average cost per month is \$45 to \$50, Kane said.

Harrison wants for drivers who are reliable and punctual with clean driving records. Most of the drivers are between 25 and 45 years old, she said.

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Births

Births recorded at St. Elizabeth Medical Center include:

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Mr. and Mrs. Joseph Henke, 2150 State St., Feb. 19, Michael James, 7 pounds.

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Deaths

Births recorded at St. Elizabeth Medical Center include:

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Mr. and Mrs. Joseph Henke, 2150 State St., Feb. 19, Michael James, 7 pounds.

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Possible rail extensions have been reduced to 4

By Buck Collier
Staff affiliate

The number of routes currently under consideration as possible extensions of a proposed light rail system for the St. Louis area has been narrowed to four, including one that would serve Belleville.

The East-West Gateway Coordinating Council's chief planner, T. Joseph Marking, said the corridors now subject to further study are awaiting last week of the council's executive advisory committee. He said it could be as many as 20 years before the new corridors are operational.

The four tentative corridors are through south St. Louis County to Arnold, to Chesterfield, to St. Peter's in St. Charles County, and into the Belleville area, resulted from an initial study of eight possible corridors, Marking said.

The four that were dropped in the first study analysis were a route to Alton; another through Collinsville and Edwardsville; a north-south route through the center of St. Louis County; and a fourth route to Valley Park.

Marking noted, however, that all of the routes have been subject to only preliminary studies and none of the routes are certain.

"It's not cast in concrete," Marking said, adding that additional corridors might be served by something other than the light rail, possibly even expanded bus service.

Marking said federal guidelines require a ridership of at least 15,000 people within a mile of a stop. Planners can consider a route. Three of the four

routes dropped in the first round of study were dropped because of the ridership factor; the Valley Park route was dropped because there appears to be no feasible way to get a rail line to that area, Marking said.

There are two railroad lines to Valley Park, but both are owned by the BNSF. The Interstate 44 right-of-way has little room available to accommodate a light-rail line, he said.

The four remaining corridors would run along:

• I-64 (Hwy. 40) to Chesterfield.

• I-55 through south St. Louis County into Arnold.

• A route north of Lambert-St. Louis International Airport and along 1-70 into St. Charles County.

• A route through East St. Louis with possible branches serving O'Fallon and Fairview Heights.

The light-rail system, called Metro Link, would run from East St. Louis through downtown St. Louis to the St. Louis State Development Agency, which operates the region's bus system, is expected to operate Metro Link. Bi-State officials hope to have the system in 1990. Route operating by 1992.

Marking said the second round of study might result in even fewer corridors being considered.

"We don't know if all four of these will come out as being doable," Marking said. "We can't say there is going to be a light-rail extension. We don't know if the funding warrants the cost of light rail."

Men turning 26 in 1988 reach federal milestone

The Selective Service System has announced that men who will reach their 26th birthday in 1988 should have not registered with Selective Service, which may forfeit their eligibility for some federal programs.

Men who were required to register with Selective Service in 1987 will be turned 26 this year. The law requires that young men register with Selective Service within 30 days of the day they turn 18.

Although tardy registrations are usually accepted, Selective Service does not have the authority to accept registrations after a man turns 26. Failure to register before turning 26, a young man may permanently forfeit his eligibility for federal student aid, job training and most federal programs.

Although some states require registration for state student aid, entrance to a state-supported college or university, state employment and permission to practice law.

A spokesman said many of the men who have still not registered may be unaware of the

requirement or do not understand the importance of the obligation to register. Some may even be serving in the military but failed to register either before entering the armed forces or after leaving active duty.

Others may have been institutionalized or incarcerated at the time they turned 18 and did not realize they were required to register within 30 days if released prior to age 26.

"For those men born in 1962 who have registered 1988 also marks the end of their eligibility for selection for induction under present law should there be a return to the draft."

Nearly 20 million men, while age 18 through 25, have registered with Selective Service since registration was reinstated in 1980. These men comprise over 98 percent of those required to register.

Men who have not yet registered do so at any post office. Failure to register is a felony punishable by a fine of up to \$250,000, up to five years in jail, or both.

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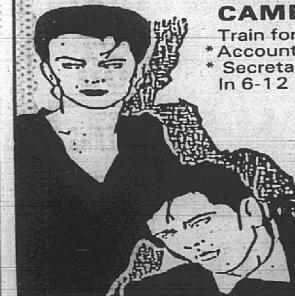
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Countywide hotel tax to be proposed

By Buck Collier

A consensus of the Madison County Board of Supervisors committee to propose a countywide hotel tax on a two- or three-year trial basis, according to committee chairman Alan Dunstan of Troy.

The committee is expected to have a recommendation for the board at its meeting on Wednesday, March 16, Dunstan said.

Committee members met with tourism bureau representatives from Collinsville and Alton on Feb. 11.

If approved, the hotel tax would be spent between the Collinsville-based Southwest Illinois Tourism and Convention Bureau and the greater Alton/Twin Rivers Convention and Tourism Bureau in Alton.

Only Collinsville and Alton, which already impose a motel tax, would be exempt from the countywide tax.

Most committee members favored increasing the tax on a trial basis so other communities in Madison County would be able to determine if it benefits

them, Dunstan said.

Dunstan said committee members also want to know if the two tourism bureaus would approach the other counties they represent about requesting hotel taxes there.

With the hotel tax, the tourism bureau has discussed that possibility with St. Clair County and the other three counties in its region, bureau director Ron Person would not comment.

Don McRae, St. Clair County's director of administration, said he was not aware of any proposal for a hotel tax there.

In January, the Madison County Board tabled a proposal by the Collinsville-Downtown Illinois Tourism and Convention Bureau for a 3 percent tax on room rentals for all hotels and motels in the county.

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St. Thomas, Virgin Islands highlight Sovereign route

By Deborah Reinhardt
Staff affiliate

Sovereign of the Seas calls at two of the most popular Caribbean ports, St. Thomas, U.S. Virgin Islands, and San Juan, Puerto Rico. It is an itineray first-time cruisers should not miss.

The Sovereign sails Saturday from Miami. Its first port of call is Labadee, Haiti.

Labadee is Royal Caribbean Cruise Line's private 260-acre resort on the north coast of Haiti, isolated from the political hot zone. The island was annexed last year on Song of America's eastern Caribbean itinerary. Since that time, RCCL has made \$2 million in improvements at Labadee, which now accommodates 2,500 and 3,000 people. Passengers will take a tender to Labadee's shores.

Tours of the island also are available. Visitors also can rent a car and venture out on their own, although mountain roads are nothing to scoff at. It might be wise for first-time visitors to book a room from the ship's excursion desk.

St. Thomas is the final port.

The Sovereign docks at Charlevoix Amalie on Wednesday. This port probably is the most popular in the Caribbean. If you look around, you will probably see up to 10 cruise ships in the area. Sometimes, as many as 8,000 passengers disembark, so be prepared for crowded shops and streets.

Most people associate St. Thomas with shopping. The truth is, there are few shopping areas at St. Thomas, except for liquor and cigarettes. Just about everything else costs the same or more than prices in the United States. You know, you are in trouble when a street vendor tries to sell you a beaded necklace, earring and bracelet set for \$15.

But St. Thomas has excellent water sports, especially scuba diving and snorkeling.

Tours are run by the National Park Service, but you can explore El Morro at your leisure as well.

Beautiful Dominican Convent once gave refuge to women and children when the cannibalistic Carib Indians were in the area. Today, the restored building houses a museum of Puerto Rican Culture. Puerto Rican arts and crafts are on exhibit and for sale at the institute.

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Bodas to lead European tour

Those interested in getting a first-hand view of the Berlin Wall, a barrier of barbed wire and solid concrete, will have an opportunity to do so this summer.

Four leaders, the Rev. Samuel and Lydia Bodas, will lead their ninth tour overseas, July 25 to Aug. 9. Both East and West Berlin are on the itinerary.

Travelers, who may leave from St. Louis or Chicago and then fly directly to Frankfurt, Germany, will tour Berlin and Prague. Two night stops in Berlin will be Dr. Elmer and Ruth Matthias, Anaheim, Calif. Matthias is a retired professor, formerly of Concordia Seminary, St. Louis.

The group will then go to Italy

New ship passes recent sea trials

The Crown Odyssey (Royal Cruise Lines) successfully finished sea trials in the North Sea. The ship is to be delivered in June.

The 990-passenger Crown Odyssey will operate two inaugural cruises to Scandinavian capitals and Britain. The first trip from London's port of Tilbury is scheduled for June 6, followed by a June 20 journey.

The Crown Odyssey joins the line's Golden Odyssey and Royal Odyssey.

For more information, see a travel agent or write: Royal Cruise Line, 1 Maritime Plaza, suite 660, San Francisco, Calif. 94111.

ly and tour Florence, Venice, Pisa and Rome, where three days and three nights will be spent. Other cities are also on the schedule.

For a color brochure, call the Bodas at 876-4559 or 288-6593, or by write to them at 216 Westgate Drive, Concord, Calif. 94034. Bodas is pastor at St. John Lutheran Church, 2001 St. Clair Ave.

Tour arrangements are being handled by Travelink Tours International, Chicago. Costing \$1,995, with the ship, will be Dr. Elmer and Ruth Matthias, Anaheim, Calif. Matthias is a retired professor, formerly of Concordia Seminary, St. Louis.

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Seaward to support Olympians

The United States Olympic Committee and Norwegian Cruise Lines (NCL) is raising funds for the U.S. Olympic Team.

When the newest NCL ship, the Seaward, is christened May 26 in New York, celebrities and social leaders will come onboard for a gala to raise money for the Olympic Team.

NCL will continue its funding efforts throughout the inaugural celebrations, which will include events in the ship's home port of Miami, as well as two preinaugural cruises.

Construction of the 42,000-ton Seaward is proceeding on schedule at the Wartsila Marine Shipyard in Helsinki, Finland. The fitting dock, the ship will be delivered May 14 and will set sail for Southampton, England on that date.

The ship will depart Southampton May 18 and arrive in New York the morning of May 26. That evening, the ship will be christened in a traditional cere-

mony, followed by the fund-raising dinner and a production of "A Chorus Line." The musical will be performed on all Seaward cruises this year.

The Seaward will set sail June 12 on her first scheduled cruise.

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Sports

February 24, 1988—GRANITE CITY JOURNAL

1B

"Good season, bad match" for Davis

By Carl Jacobs
Staff writer

CHAMPAIGN — The reports are in and there is no sugar coating, no disguises and no excuses.

It's plain and simple, Warrior 112-pounder Brent Davis had a bad match at the 51st annual state wrestling meet in Champaign and was ousted after the first round of competition.

"I didn't win," Davis said.

"I didn't wrestle until the last period," head coach Mike Garland said.

"Good season, bad match," assistant coach Steve Cavanaugh said.

Garland was hoping Davis could grab a medal, but that never materialized. The Davis in Champaign never wrestled with Davis that won 37 matches this season. Moline freshman Steve McDonnell scored a reversal in the second period, a takedown in the third and a pin in the third period before the Warrior junior got into his match on Thursday. Davis then managed a reversal and a three-point near fall and almost pinned McDonnell, but he ran out of moves and time.

"I thought I had him (McDonnell) stuck," Davis said. "I had him pinned, the referee said it was the match. But if you don't wrestle in the first part of the match it doesn't really matter."

"Brent didn't wrestle until the last period and when he did he got pinned," Garland said. "You have to wrestle six minutes here. You can't wrestle 5 minutes and 50 seconds. You have to go into the match acting like, hey, it's 10-0, I'm losing and I've got nothing to lose."

After winning the Granite City sectional, Davis thought a bye in the preliminary round would enhance his shot at a medal, but after his defeat he wasn't so sure.

"I didn't really like sitting around," he said. "My first match is my toughest match. I

would rather get the first match out of the way."

Garland rebutted the Davis theory.

"I feel there are no excuses," he said. "You either win or you lose. You can find a lot of reasons, a lot of excuses why you lost, but the bottom line is you are the only one that has to go through that. I never relied on excuses when I wrestled and I don't expect my kids to. That's the way Schmitz (Red Schmitz), Walt and I work. If a referee breaks me up — hey, no excuses, buddy. You've got six minutes out there and it's up to you."

Davis might have been looking past the first round to the quarterfinal round and facing last year's 99-pound state champion, Mathew Bartlett.

"I guess I looked past it."

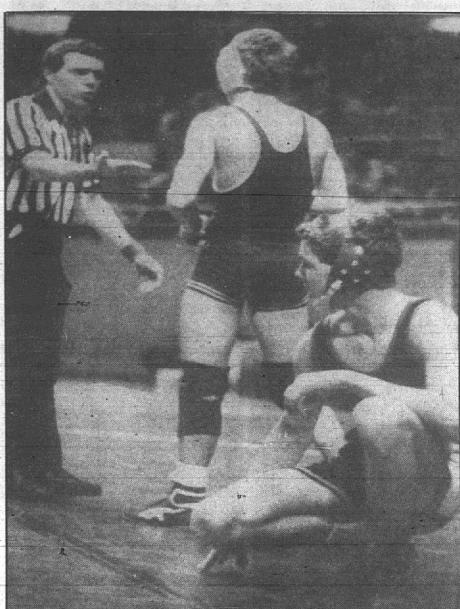
Davis was of the slow start he never recovered from.

"That's the wrong thing to do," Garland said. "You can't look past anybody up here. That's the wrong attitude. We placed or won two tournaments to get here. These are the 24 best wrestlers in the whole state of Illinois and it's a big state. You can take a look at anybody up here. Everybody up here has about the same amount of ability. It's a matter of who believes in themselves."

Garland said most people will remember Davis for his loss at state.

"I tell my kids every year, come February you can throw all your records out the window," he said. "It's what you do in February that people are going to remember you by. When

(See STATE, Page 3D)



BRENT DAVIS kneels in dismay after Moline's Steve McDonnell scored an 8-5 decision over the Granite City junior in the first round of the state tournament at Champaign on Thursday.

(Staff photo by Carl Jacobs)

Skaters ousted by Vianney

By Dave Whaley
Executive sports editor

ARNOLD, Mo. — It was like the final scene from "Butch Cassidy and the Sundance Kid." And the results were similar.

Just as Newman and Redford were unable to overcome the overwhelming odds down in Bolivia, so was the Warrior hockey team at the South County Ice Rink on Monday. Their small band of top-flight players were overwhelmed by a team of demented midgets and they were up against a Vianney team that was bigger, stronger and faster.

But the Warriors nonetheless went down with their guns blazing. They were up 7-1 against the Griffins, but in the final period, Vianney came from behind, eliminating Granite City from the Mid-States Club Hockey Association playoffs one game shy of the final.

The Griffins, who defeated the Golden Griffins (17-1) of a game at the St. Louis Arena on March 2, will face either Parkway Central or Kirkwood in the league semifinals this weekend at Queen City. The third-place and championship games will then be at the Arena next Wednesday.

The Warriors, who finished at 12-10, were up against it after an 8-4 loss to the Griffins on Saturday at North County.

"I think some of our players came to the game thinking they

didn't have a chance," Warrior coach Gary Henson said. "After the game, they thought they could have."

And they were certainly in

ones that beat us and they were mistakes on our part. But I'm as proud of this team as any I've coached. We were undermanned, under-sized and under-abled. But they can feel proud of what they accomplished."

Newton scored in the first period when he got behind the defense for a breakaway shot from Chris Overy to beat Robbie Nolan at 11:18. He scored on a wraparound shot from behind the net at 1:29 of the second period.

"That was a mistake by Robbie," Henson said. "But he's a freshman and he will learn."

The Warriors had some chances, including a blast from the point by Mike Kunkel that Vianney goalie Kevin Kirkiewicz blocked with his arm. The Warriors then had a two-man advantage, but Kirkiewicz stopped Jim Robertson with a point-blank range and Robertson missed an open net seconds later.

A tripping penalty to Jim Mucci in the third period gave the Warrior goal with Vianney fans chanting "Groooooo-gan, Groooooo-gan," the senior winger tipped in Todd Richey's backhander from the point at 3:41.

"When the fans are calling

(See HOCKEY, Page 3D)

Warriors fall to Flyers in OT

By Gary King
Staff writer

GRANITE CITY — Don Deterding stood in his office Saturday and tried once again to sit through a 10-second argument of defense in search of something, anything, that might make losing seem like a pleasant alternative.

Deterding's eyes looked heavy, and his head had long since assumed a dangling position on the front of his white shirt. The Warrior coach stood in front of a picture that read "Granite City Warriors — Regional Champions 1985."

The picture seemed ironic, if not downright sarcastic.

The Warriors had just finished losing to the East St. Louis Flyers 53-49 in double overtime, and a regional championship was the farthest thing from Deterding's mind.

But suddenly it hit him, his eyes lit up and he looked up. Deterding had just sifted through the pain and found a chunk of gold.

"One more weekend," Deterding said, suddenly flashing a Peasant Special.

With the loss to the Flyers, the Warriors fell to 4-19 on the year after suffering a 13-game losing streak. Praise against Edwardsburg, East St. Louis raised its record to 6-17.

(See WARRIORS, Page 3D)

Monday's game, Rich Grogan, Griffin (17-1) of a game at the St. Louis Arena on March 2. They will face either Parkway Central or Kirkwood in the league semifinals this weekend at Queen City. The third-place and championship games will then be at the Arena next Wednesday.

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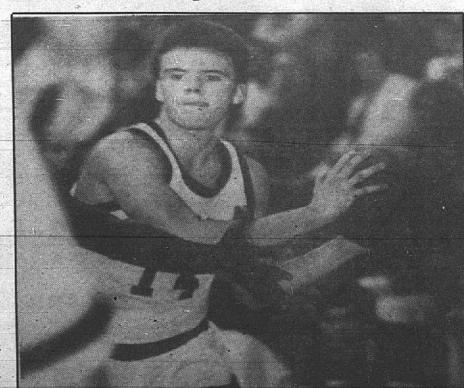
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"When the fans are calling

(See HOCKEY, Page 3D)



MATT COOK had 26 points in the Warriors' win over Edwardsburg on Friday.

3-17 Comanches surprise Trojans

By Dave Whaley
Executive sports editor

CAHOKIA — Playing high school sports is supposed to build character. Young men and women learn how to win and lose and experience a wide range of emotions.

The Trojans certainly experienced the opposite ends of the emotional spectrum over the weekend. After bouncing back from a 10-point deficit in a last-second 72-70 win over Teutopolis on Friday, the boys

had a superb performance from forward Nate Braden. He had 19 points, 13 rebounds, six assists and six steals. Nick Hill, a 5-5 point guard, had seven assists while Larry Wynn had 16 points and six steals.

But Wynn's most important contribution might have come on defense.

"Larry Wynn did an incredible job on (West's) Clarence Williams, he got 13 points in the win over Teutopolis. The 6-1 senior guard, who ignites the Trojan attack, was held to 10 points by Wynn's steals and missed all six of his three-point attempts. He wasn't alone, as the Trojans were 0 for 13 from three-point territory.

"Yeah, that's real good," Essington said, summing up of the long-distance shooting performance. "You can live or die with that shot. We were just disorganized on offense all night and you can't do that."

The Trojans jumped out to an early 10-2 and 14-6 leads, but the Comanches came back from an early deficit, took a slim lead early in the fourth quarter and then made 13 of 15 free throws down the stretch to drop Madison to a year-end record of 18-7.

"When these games were close in the last quarter you could do a lot," said Comanche coach Ken McBride. "We had good practices on Wednesday and Thursday and a nice team meeting."

Then the Comanches got a

10-point lead in the fourth quarter.

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Trojans, Red Devils ready for regional

By Dave Whaley
Executive sports editor

Although neither coach is wanting to talk about it, Madison and Venice players are looking forward to a possible matchup in the regional basketball championship game on Friday.

But Clinton Harris and Rich Essington will have none of that. They know the regional is one of the tournaments in the area and there is lots of work for both teams before that matchup is possible.

Trojan and Red Devil players have said they would like to meet again, but the coaches are hoping their teams aren't looking forward to it so much that one or both teams trip themselves up in the process.

—Madison (18-7) opened regional play at Dupo on Tuesday against Lovejoy (6-11). The Wildcats have been a rather undistinguished club this year, but the rivalry will heat up with Madison and Venice always makes for an interesting game.

And the Wildcats also have Terrell McKire, one of the state's leading scorers with more than 25 points per game. He alone could make it a close game if he's on.

"He can score 40 or 50 points if you don't watch out," Essington said. "We'll look for something for him. There are a lot of good teams down there. We'll just have to go about our business and play well."

The Red Devils (18-8) open defense of their state championship at 7:40 tonight against Lebanon (10-13), a XX-XX winner over Dupo (8-16) on the regional stage in Madison.

Since the Greyhounds beat Venice in the Columbia Christmas Tournament final in 1985, the Devils have beaten them six times, including the championship game of last year's regional.

That fact doesn't overly concern Clinton Harris. He might not be a big player in the law of averages, but he's also far from overconfident.

"We'll just have to play them like we haven't beaten them before," he said. "Everybody's going to be tough. We know everybody will be out to get us because we won last year. It's a new season and we will have to be ready."

Out of an 81-33 win over Peoria City in the state quarterfinals, the Devils didn't have an



Rich Essington



Clinton Harris

easy post-season game last year. They had some battles even against teams that didn't have nearly as much talent.

But post-season games have a special intensity. Every game is the last of the year for one of the teams and one bad night can spell the end for even the best teams.

East St. Louis Assumption (16-6) is a team that concerns both Essington and Harris. The Pioneers played Columbia (12-12) and Dupo (10-16) on Tuesday. The winner will play the Madison-Lovejoy winner on Thursday at 7:30. The Venice-Lebanon winner will play the winner of the game in the title game at 7:30 today, with the winner advancing to next week's Vandalia Sectionals.

Stars end home season with win

The Stars closed out their home season in fine fashion on Saturday with an 83-63 win over Florissant Valley.

Charles Clagett had 26 points — 16 in the second half as GCC outlasted a 43-32 halftime edge. But it was Tyrone Kiner, a freshman from River Hills, who came off the bench and supplied the spark in the first half, according to coach Terry Collier.

Kiner came in with the score tied at 21-21 and parlayed some good defensive play into an 8-0 Stars run to give them a lead they never relinquished. Darvin Gordon (10), Brandon (10) and Robbie Carter (10) joined Clagett in double figures.

The Stars are 17-12 with two regular-season games left before opening post-season play at John Logan on Saturday. They finished the season with a 6-5 record in Midwest Community College Athletic Conference play. Dan Thomas led Flor Valley (10-19) with 13 points.

(Staff reports provided by Cary Kubelka.)



Charles Clagett

SCORING
FLORISSANT VALLEY: Thomas 12, Gordon 11, Sander 6, Bicker 4, Epting 4, Klein 4, Snider 4, Ritter 3, Ritter 2, St. John 1, PT-14, PF-17. GCC: Clagett 26, Montana 14, Carter 10, Gordon 8, Stevens 5, Martin 5, Kiner 5, Ware 5, PF-33 (3 3-pointers), PT-14, PF-17.

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OFFENSIVE LEADERS

School, Record	Avg.
Lincoln (19-4)	7.96
VENICE (16-5)	7.85
Assumption (16-6)	7.40
Pisces (16-5)	7.40
Marquette (18-8)	7.00
Valmeyer (19-5)	6.96
MADISON (18-7)	6.89
Richland (18-6)	6.86
Gibault (21-4)	6.72
Wesclin (15-9)	6.58
Althoff (22-2)	6.52
Jonesboro (14-12)	6.39
Collinsville (20-2)	6.39
O'Fallon (14-8)	6.36
Dupo (7-15)	6.36
Wood River (15-8)	6.35
Brunswick (10-10)	6.22
Alton (5-14)	6.10
E. St. Louis (7-16)	5.77
Mater Dei (18-7)	5.74
Metz (16-8)	5.72
Carrollton (17-7)	5.70
Freeburg (9-15)	5.66
Highland (15-6)	5.61
Concordia (20-2)	5.58
Mater Dei (7-17)	5.53
Bunker Hill (11-12)	5.50
Bethalto (9-13)	5.44
McKee (14-4)	5.42
Foxiana (5-14)	5.39
Belleville E. (7-14)	5.29
Triad (3-19)	5.15
Edwardsville (16-18)	48.2
Belleville W. (17-7)	44.1
Cahokia (3-17)	44.1
Waterloo (1-20)	44.1

DEFENSIVE LEADERS

School, Record	Avg.
Gibault (21-4)	4.61
Belleville E. (7-14)	4.55
Valmeyer (19-5)	4.50
Assumption (16-6)	4.76
Highland (15-6)	4.91
Concordia (20-2)	5.00
Mater Dei (7-17)	5.10
Althoff (22-2)	5.10
Edwardsville (8-14)	5.10
Bunker Hill (11-13)	5.10
Richland (18-6)	5.10
Mascoutah (8-14)	5.23
Wesclin (15-9)	5.29
Belleville E. (7-14)	5.46
Valmeyer (19-5)	5.46
Assumption (16-6)	5.46
Highland (15-6)	5.46
Concordia (20-2)	5.46
Mater Dei (7-17)	5.46
Bethalto (9-13)	5.46
Plaza (22-3)	5.46
O'Fallon (14-8)	5.46
Lincoln (15-10)	5.46
Concordia (11-12)	5.46
Roxana (6-14)	5.73
Wood River (15-8)	5.82
Calhoun (15-10)	5.82
Carrollton (17-7)	5.82
Freeburg (9-15)	6.05
Marquette (18-8)	6.07
E. St. Louis (7-16)	6.17
McKee (14-4)	6.18
Triad (3-19)	6.18
Brussels (8-16)	6.21
GRANITE CITY (4-19)	6.22

INDIVIDUAL LEADERS SCORING

Metz East (8-16)	Avg.
Calhoun (15-10)	6.38
Jerseyville (9-12)	6.47
Alton (5-14)	6.50
Waterloo (1-20)	6.53
Dupo (7-15)	6.66

INDIVIDUAL LEADERS PTA.

Player, School	Avg.
Rippelmeyer, Valmeyer	6.04
Brown, Dupo	5.97
Wesclin, Gibault	5.97
Mason, Marquette	6.05
Breden, Calhoun	5.75
Ellis, Lincoln	5.75
Lusk, Calhoun	5.88
TURNER, VENICE	4.23
Bleslimgham, Marquette	5.22
Pace, Lincoln	4.41
Stevens, Roxana	4.29
Bristol, Bethalto	4.29
Mathews, Columbia	3.99
Dixon, Assumption	3.78
Brown, Lincoln	3.78
McCarthy, Vandalia	3.78
Marshall, Marquette	3.65
Parmenter, Plaistow	4.07
Hohlt, Belleville W.	3.89
Summer, Carrollton	3.87

FREE-THROW PERCENTAGE

Calhoun (15-10)	Calhoun (15-10)
Metz East (8-16)	63.5
Jerseyville (9-12)	63.8
Alton (5-14)	64.7
Waterloo (1-20)	64.7
Dupo (7-15)	65.3

INDIVIDUAL LEADERS

Calhoun (15-10)	Calhoun (15-10)
Metz East (8-16)	63.5
Jerseyville (9-12)	63.8
Alton (5-14)	64.7
Waterloo (1-20)	64.7
Dupo (7-15)	65.3

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Alton (5-14)	64.7
Waterloo (1-20)	64.7
Dupo (7-15)	65.3

INDIVIDUAL LEADERS

Calhoun (15-10)	Calhoun (15-10)
Metz	

Entertainment

'Action Jackson' big on carnage; 'Serpent' sluggish

ACTION JACKSON — Cop Carl Weathers slams the brakes on a vicious auto tycoon's plans to take control of his empire, aided by executing officials who get in his way. Excellent stunts, chase work despite an overabundance of ugly violence, with some nice, though clichéd, action as the fast-talking, footloose detective. As the heavy trained in karate, Craig T. Nelson sneers his way through the tempest, and Vanity sings a few songs.

Rated R. (Extreme violence, language.)

Harry Hamm — "Action Jackson" (1½ stars) is a kind of film that will cause a lot of moviegoers to wonder where Hollywood really is heading. This carnival of carnage is so overblown in its excess that it makes moviegoing seem like an exercise for violent, hyperactive adults in desperate need of the vicarious reinforcement of their project.

Carl Weathers stars as Jericho Jackson, aka Action Jackson, a Harvard-educated "cop" from Detroit who does battle with the evil forces of Capitalism. Nelson's character, Peter Dellaplane, is an executive in the auto manufacturing business whose passion for power is only matched by Jackson's passion for violence, in the name of justice, of course.

The "story" revolves around a plot by Nelson's men to kill off the film's unnamed officials in the automobile business, thereby strengthening Nelson's power and empire.

If measured by wrecked cars, shattered glass, explosive firecrackers and brainless brawls, "Action Jackson" is an eyeful. But like too much of anything, the excess becomes numbing to the viewer, and soon you find yourself tuning out.

As much as Jackson is for justice, he evidently is not much for marital fidelity. Jackson has a wife in the film, played by Sharon Stone, and a son, played on the side, played by actress/singer Vanity. She sings two songs in the movie, one of which is titled "Undress." So much for what Vanity lends to "Action Jackson."

I have met Weathers on two occasions and he is one of the nicest people in the film business. But his latest project, "Action Jackson," is a poor excuse for a movie. It is more like a training film for terrorists.

Frank Hunter

The glut of movies boasting with undisciplined cops who go about the crime-busting business their own way continues unabated.

Now comes Carl Weathers, formerly of Sylvester Stallone's "Rocky" pictures in which he played slugger Apollo Creed.

Weathers still is slugging it

out in "Action Jackson" (2½ stars), this time as a police sergeant utterly obsessed with sex, death, brutal violence linked to Peter Dellaplane, a sinister auto tycoon seeking political power and control of his company's union.

Craig T. Nelson is Dellaplane's right-hand man, along the lines of real-life automaker John DeLorean who also had his problems with the law.

His cars are sporty and very expensive, though it's the exec's friends and the gigantic manse he occupies with his trouble-babe wife.

What "Action Jackson" is all about is violence. The violence of the film is good, with plenty of men in cars hurling through streets, or space, and of course, into buildings. Stunt director Jophery Brown's choreography extracts the maximum in gape from thrill seekers.

The film also is larded with unconscionable violence, brutally and gory, with producer Joel Silver's signature style. John DeLorean's character, Peter Dellaplane, is an executive in the auto manufacturing business whose passion for power is only matched by Jackson's passion for violence, in the name of justice.

All one needs to know about the plot is that Jericho Jackson (Weathers), is a Harvard graduate, agile as a mountain goat and seething with moral outrage at the vicious things done to magic.

Dellaplane is going to decent people in a city clutching with business and political corruption.

Nelson does a good job as the police sergeant, with a twinkle in his eye that shows a girl in the back at the same time he is professing his love.

Vanity, who plays a sexy singer and drug addict, adds Jackson and songs a few songs. Sharon Stone is the industrialist's pathetically naive wife.

Bill Duke plays Jackson's corrupt boss and Chico "Fats" Williams is a friendly, older whose fleabag hotel is the scene of some messy goings-on.

THE SERPENT AND THE RAINBOW — Filming of a made-for-TV horror movie, with direction by Wes Craven (rhymes with raven) who gave the world "A Nightmare on Elm Street."

Richard Maxwell wrote the screenplay and the cast includes

Cathy Tyson, Bill Pullman, Zakes Mokae and Paul Winfield. Rating R. (Violence.)

Harry Hamm

A small measure of truth and a large portion of violent imagination are the primary ingredients in "The Serpent and the Rainbow" (2 stars), a sluggish horror film in which pacing sets what little terror there is in the mopy motion picture.

The film's story is set in Haiti. It was shot on locations in Haiti and the Dominican Republic.

There are great possibilities in the movie, opportunities to delve into the mystery that would draw the spirits. They have apparently made Haiti an inviting destination for lovers of the occult. They are potentials that are never realized.

However, in "The Serpent and the Rainbow," you actually will see Haitians eating glass, chomping on red hot coals and being stung around the face with needles that do not hurt and never draw blood. But the scenes of such acts come off more like sick illusions of practical magic rather than actual horrors, and the heightened spirits.

It is the rule of death.

On the other hand, Craven is obsessed with very unlovely scenes of oozing blood, scorpions crawling on corpses, and snakes slithering over them, gaping mouths of zombified victims who

have been buried alive in a weird Haitian graveyard.

Speaking of cemeteries, the "plot" involves a Harvard-trained anthropologist (Bill Pullman) sent to Haiti by an American drug company to find a zombifying powder used in voodoo ceremonies, which the firm wants to add to its product line for any number of queer reasons.

It is hard to say that the dialogue is scintillating (it's lousy on the whole) or that the script makes a lick of sense. But the picture has a rather eerie quality that lingers, monotonously, at the exit, and the special effects created for several nightmares events is kind of frightening.

The film alludes to secret voodoo rites that are practiced during the Haitian rule of dictator "Papa" Doc Duvalier.

The Richard Maxwell-A. R.

Simoun screenplay was inspired by W. W. Denslow's grisly novel, "The Haunted Castle," for his direction of "A Nightmare on Elm Street," keeps the viewer's eye focused on the screen via effective camera work and fearlessness of the editor.

It is the rule of death.

There is some excellent casting

in "The Serpent and the Rainbow," except for Bill Pullman, the lead role of Dr. Dennis Alan, the anthropologist in search of a magic voodoo powder that can cause a person to seem dead when it is ingested or even blown in the face. (However, 12 hours later the victims wake up, usually 5 feet tall.)

Pullman is a real lightweight when compared to some other principal cast members, including Cathy Tyson in the role of a Haitian woman, and Paul Winfield as a voodoo priest and Zakes Mokae as the evil head of Haiti's dreaded secret police, the Ton-Ton Macoute.

I do not recommend "The Serpent and the Rainbow." This movie about a secret potion that induces a false mask of death afflicts the audience with a similar condition called sleepiness.

Frank Hunter

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I do not recommend "The Serpent and the Rainbow." This movie about a secret potion that induces a false mask of death afflicts the audience with a similar condition called sleepiness.

Frank Hunter

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Around the kitchen

Warm appetites with sausage, soup

The days are getting longer, but winter is still here. Meals we need are both sooth-ing and satisfying.

From the first sip of nutritious Old World Sausage 'n Bean Chowder to the last forkful of Sausage Vinaigrette Salad, a meal on the table means the goodness of home-cooked foods.

Either can be served as an appetizer or as a first course, or combined as a main entrée.

Soup, and salad lend a comfor-table air of informality to a family-type meal. Simple ingredients: sliced zucchini, carrots, celery and corn combine to give an appetizing,奚味 appearance as well as being nutritiously hearty fare.

Add hot, crusty French bread or rolls, a beverage such as warm spiced cider to complement these economical, nutri-ent-packed dishes.

Old World sausage 'n bean chowder

1/2 lb. bratwurst, cut in 1/2 inch pieces
1/2 tbsp. margarine or butter
1/2 lb. onion, chopped
1/2 cup all-purpose flour
1 can (8 oz.) pork and beans
1 cup chicken broth
1/2 tsp. coarsely ground pepper
1/2 tsp. brown sugar
1/2 tsp. flour
1/2 cup half-and-half
2 or 3 lemon slices
Chopped chives or green onion tops, to garnish

Melt margarine in Dutch oven. Sauté bratwurst, onion and cel-est until bratwurst is golden brown and vegetables are ten-der.

Add pork and beans, chicken broth, pepper and brown sugar. Sauté over medium heat, bring mixture to a boil, then Turn heat to low, cover tightly and simmer 40 minutes.

Combine half-and-half and lemon slices. Cover tightly and simmer well. Add to chowder, stirring constantly until thickened. Do not boil.

Serve in bowls topped with lemon slices and chopped chives. Yields 2 to 3 servings.

Smoked sausage mustard vinaigrette salad

1 lb. smoked sausage, cut in 1 inch diagonal slices
1/2 tbsp. margarine or butter
2 to 3 small potatoes, peeled, quartered
1/2 cup water
1/2 tsp. salt
1/2 cup oil
1 tbsp. Dijon mustard
1/2 tbsp. chopped chives or green onions

Note: This salad is best served the next day for flavors to blend well.

In medium skillet, sauté sau-sage pieces until evenly browned. Drain on absorbent toweling. Reserve.

Cook potatoes in boiling salted water just until tender. Drain. Cool sausage and potatoes in refrigerator.

Combine salt and vinegar. Let stand 10 minutes for salt to dissolve. Gradually add oil, stir ring constantly, until blended well. Stir in mustard until well blended.

Cook chilled sausage and pota-toes with vinaigrette sauce. Sprinkle with chopped chives. Refrigerate overnight for flavors to blend well.

Makes 2 servings.

Nutty fried cheese

1 egg
3/4 cup chopped shelled pistachios
1 lb. mozzarella cheese, well chilled, cut in 2 inch pieces
2 tbsp. flour
Oil

In pie plate, beat egg. Place about 1/2 cup pistachios in egg. Coat cheese with flour. Dip cheese in egg to coat, then coat with pistachios. Place on cookie sheet. Refrigerate 30 minutes.

4. Heat oil in deep fryer or heat 2 inches oil to 375°. Fry cheese, a few pieces at a time, until coating is lightly browned, about 2 minutes, turning occasionally.

With slotted spoon, remove to paper towels to drain. Serve immediately.

Makes about 12 appetizers.

Red beans and rice

1 cup uncopked rice
(16 oz.) can pink or red kidney beans, drained, or 1 1/2 cups cooked beans
1/2 cup chopped onion
1/2 cup soy sauce
1/2 cup sherry
1/2 cup toasted sesame seeds, if desired

Cook rice according to package directions until tender.

Add onion, soy sauce and sherry. Mix gently. Simmer, cov-er, 5 minutes or until all moisture is absorbed.

Sprinkle with sesame seeds. Makes 6 servings.



SAUSAGE'S SUBTLE FLAVORS are a perfect match for a salad that seasons itself overnight.

Sausage-vegetable winter soup pot

8 oz. kielbasa sausage, cut in 1/2 inch chunks
3 tbsp. margarine or butter
1 large onion, coarsely chopped
1 cup sliced celery
1 large zucchini, minced
1 cup sliced carrots
1 can (14 1/2 oz.) peeled whole tomatoes, cut up
1 cup chicken broth
2 small carrots, sliced
1 cup frozen kernel corn
1/2 tsp. basil
Salt and pepper, to taste
Grated parmesan cheese, if desired

In Dutch oven, melt 2 tablespoons margarine or butter. Sauté onions, celery and zucchini until tender.

Add carrots. Cook, stirring frequently, 3 minutes.

Add tomatoes and chicken broth. Bring to a boil, then reduce heat to medium. Cover and cook 10 to 15 minutes, or until carrots are tender.

Meanwhile, melt 1 tablespoon margarine or butter and brown sausage. Drain on paper toweling. Reserve.

Add zucchini and corn to soup. Season with salt and pepper to taste. Add basil and sausage. Simmer, covered, 5 minutes.

Serve garnished with parmesan cheese. Yields 6 to 8 servings.

Cheese pecan quiche

1 (9 inch) pie shell, baked, cooled
1 cup shredded Swiss cheese
1/2 cup chopped onion
1 tbsp. flour
1/2 cup chopped pecans
2 eggs, beaten
1 cup milk
1/2 cup brown mustard
Filling of choice

Note: This basic quiche recipe can be combined with choice of meat or vegetable. Use chicken, crabmeat, ham, sausage, spinach, broccoli or mushrooms.

Mix all ingredients except onion ingredient with cheese, onion, flour and 1/2 cup pecans. Sprinkle into crust.

Mix eggs, milk and mustard. Pour over mixture in pie shell. Top with remaining pecans. Bake at 325° for 50 minutes.

Makes 6 servings.

Rum raisin muffins

3 cups flour
1/2 cup sugar
1 tbsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
2 large eggs
1 cup milk
1/2 cup margarine, melted
1/2 cup rum extract or 1/2 tbsp. rum

In pie plate, beat egg. Place about 1/2 cup raisins in egg.

Coat cheese with flour. Dip cheese in egg to coat, then coat with pistachios. Place on cookie sheet. Refrigerate 30 minutes.

4. Heat oil in deep fryer or heat 2 inches oil to 375°. Fry cheese, a few pieces at a time, until coating is lightly browned, about 2 minutes, turning occasionally.

With slotted spoon, remove to paper towels to drain.

Serve immediately.

Makes about 12 appetizers.

Cook rice according to package directions until tender.

Add onion, soy sauce and sherry. Mix gently. Simmer, cov-er, 5 minutes or until all moisture is absorbed.

Sprinkle with sesame seeds. Makes 6 servings.

Test baking powder to determine quality

To determine if baking powder still is active, stir one teaspoon baking powder into 1/2 cup hot water. Baking powder is fit to use if it bubbles abundantly.

Pineapple bran muffins

1 can (8 oz.) crushed pineapple
1 cup all-bran cereal
1/2 cup milk
1/2 cup oil, lightly beaten
1/2 cup oil
2 tbsp. light molasses
1 cup flour
1/2 cup sugar
1/2 cup baking powder
1/2 tsp. salt

Drain pineapple well, reserving 1/4 cup juice.

Combine reserved juice, cereal and milk. Let stand a few minutes to soften cereal. Stir in pineapple, egg, oil and molasses.

Add flour, sugar, baking powder and salt. Add to pineapple mixture. Stir just to combine. Spoon batter into 6 well-greased muffin cups. Bake in 400° oven 20 to 25 minutes until tests done. Serves 6.

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Cooking methods melt into real creole stockpot

Cajole cooking is a truly American cuisine, drawing on the cooking methods, seasonings and food combinations of the French, Spanish, Indians and Africans who live in the Mississippi Delta region.

Africans introduced okra that is featured in many creole dishes, as well as the slow cooking methods and blending of herbs and vegetables that result in distinctive, robust gumbo. The Spanish contributed their love of hot seasoned foods, and the habit of mixing meat and poultry together and serving it over rice, which became the basic recipe for jambalaya.

Sauces are an important part of creole cooking. The creole sauce of Cajun food works well with a variety of fish. And the creole sauce also makes an excellent topping for the fish, potatoes or rice that go well as an accompaniment. It is flavorful and slightly spicy, but more pepper sauce will make it hotter. It can be made ahead and reheated when baking the fish or even can be made in larger quantities and frozen.

Cajun cod

1 lb. cod filets
fresh lemon

Creole Sauce

1/2 cup margarine
1/2 cup chopped onions
1/2 cup chopped green pepper

Apricot-pineapple jam

1 can (12 oz.) frozen apple juice concentrate
10 oz. dried apricots, coarsely chopped (about 1 1/4 cups)
1 can (12 oz.) crushed pineapple, including juice
1/2 cup water
1/2 cup sugar
1/2 tbsp. fresh lemon juice

Combine apple juice concen-

1 cup tomatoes (fresh or canned), peeled, chopped
1/2 cup chopped celery
1/2 cup black pepper
2 whole bay leaves
1/2 tsp. cayenne pepper
1/2 tsp. thyme leaves
1/2 tsp. oregano leaves
1/2 tsp. paprika
1/2 tsp. dried basil leaves
1 1/4 cups chicken stock
1 cup canned tomato sauce
1/2 tsp. sugar
1/2 tsp. pepper sauce

Melt margarine in large skillet. Stir in onions, green peppers and celery. Add garlic, black pepper, bay, cayenne, thyme, oregano, white pepper, paprika and basil. Sauté until vegetables are transparent, stirring occasionally.

Stir in stock, tomato sauce, sugar and pepper sauce. Bring to boil. Reduce heat to simmer. Cover and let vegetables be tender, about 20 minutes. Remove bay leaves before serving.

Whole sauce finished cooking, heat oven to 450°. Place filets in shallow baking dish. Squeeze lemon over top. Bake 8 to 10 minutes, or until fish flakes easily with fork.

Place baked fish on warm plates, cover with foil. Yield: about 4 servings, 145 calories and 6 gm. fat each.

This information is provided by the American Institute for Cancer Research, Washington, D.C. Registered dietitian Karen Collins reviews this recipe.

No magic formula makes weight disappear overnight

By Jacqueline Lankfer
Registered dietitian
American Heart Association

Achieving and maintaining ideal body weight is one way to lower the risk of experiencing a heart attack or stroke. Excessive weight puts an extra strain on the heart and makes it work harder.

Reducing weight and keeping it off does not happen overnight. It is not quick, nor is it easy. There is no magic formula. Most importantly, no one else can do it. There is only one person who can make the necessary lifestyle changes to achieve a weight loss.

Permanent weight control is best obtained through gradual life-style changes. The key word is "gradual." Concentrate on slowly changing behaviors that contribute to weight gain and on learning new behaviors, rather than concentrating on a strict diet.

To many people, "diet" is a nasty four-letter word, meaning a dreaded sacrifice. If the meth-

od is to be on a "diet," that "diet" probably will be discarded a few days or weeks. Any success achieved in losing weight loss eventually will fade since because old behaviors will return along with that former body weight.

Begin today by examining present eating habits and behaviors. Then, begin to change it. It is not quick, nor is it easy. Note the time of day and the circumstances surrounding the eating, such as while watching television, talking with the family or after following an argument with a spouse. Analyze the day's record and pick one or two weaknesses on which to work.

For example, if much snacking occurs while watching television, plan to correct this habit with a new one. Depend on preferences, try doing needlepoint, limiting television time or taking a brisk walk. If the desire is to have a snack, eat healthy foods such as plain popcorn, fresh fruit or raw vegetable sticks.

Get into the habit of eating regular, well-balanced meals each day. Pay attention to nutrition, include a variety of nutrient-dense foods in meals such as skinless poultry and lean meats, fruit, vegetables and grain products; and low-fat dairy products are being give nutrients for their calcium.

When feeling hungry between meals, drink two large glasses of water or tea. In fact, incorporating the behavior of reaching for a glass of water instead of calorie-laden soft drinks may help in curbing hunger pains. If a snack is still in order, the water lends a feeling of fullness that helps decrease the portion of food needed to satisfy hunger.

Gradually build more physical activity into the day. Take a walk at lunch time, use stairs instead of an elevator and spend at least 30 minutes three times a week on an active sport such as jogging, brisk walking, cycling or swimming.

For more tips on weight loss, call the Heart Information Ser-

vice at 1-800-255-9919. Request a free copy of "A Guide To Losing Weight."

Layered vegetables vinaigrette

1/2 cup vinegar
1/2 cup water
1/2 cup Dijon mustard
Freshly ground black pepper

4 medium carrots
1 lb. green beans
2 tomatoes
2 onions
1/2 lb. mushrooms

Mix vinegar, oil, mustard and pepper in jar. Shake well. Scrub or peel carrots and slice into rounds. Steam green beans 5 minutes, then drain. Slice tomatoes, cucumbers and mushrooms.

Lay vegetables in serving dish. Top with dressing. Refrigerate 1 hour or more before serving.

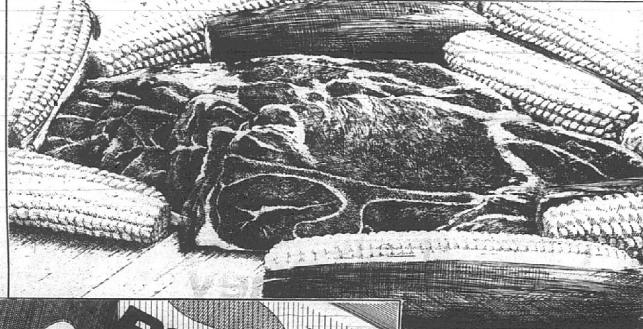
Yields 8 servings, each providing about 122 calories, 7.8 gm. fat, 222 mg. sodium and no cholesterol.

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Health benefits from using low fat entrees

By Jacqueline Lankfer
Registered dietitian
American Heart Association

When planning menus, is meat, poultry or fish always the first item selected? Most people do.

Meals planned around the entrees and most entrees contain one or more types of meat. In order to reduce and control the amount of cholesterol in the diet, the American Heart Association recommends limiting meat, poultry and fish consumption to no more than 6 ounces daily. One easy way to stay within this limit is to incorporate meatless entrees into weekly menus.

Meatless entrees offer a pleasant change for taste buds while also saving to the tune of the form of money saved over traditional meat entrees. Health will benefit from meals rich in protein and low in saturated fats.

Meatless entrees are a majority of saturated fat found in a diet come from foods of animal origin. Foods of plant origin are cholesterol-free and originally low in saturated fats, generally. Palm kernel and palm oils being exceptions.

The protein in meat and other animal products is complete. In order for the body to utilize the protein in meats and dairy products without combining other foods with them. Plant proteins, on the other hand, need to be teamed with other protein sources to become complete. This is best achieved by pairing plant sources or by coupling plant and animal sources.

Legumes—such as beans, peas and lentils—can be combined with grains or nuts and seeds for high-quality protein. Possible combinations are endless. A rice-bean casserole, split pea soup with ham, baked beans and bean burritos are a few examples. Examine favorite legume side dish recipes and consider transforming them into entrees by pairing them with grains or nuts. It is a simple task requiring only a little imagination.

Besides legume dishes, another alternative for low-fat healthy meals is to use the use of low-fat dairy products. Skim milk, low-fat yogurt and low-fat cheeses can be combined with legumes, grains, nuts or seeds for a complete protein source. A peanut butter sandwich with a glass of skim milk is a popular example.

To help get start on the road to health, the Saint Louis Chapter of AHA has published a new brochure, entitled "I Love Eating Meatless Entrees." Order a free copy today by calling the Health Information Service at 45-HEART or 1-800-255-9919 from outside St. Louis.

The following recipe is from the new brochure. It makes a perfect entree for cold weather days.

Minestrone soup

1 (11 oz.) can red kidney beans
1/2 tsp. garlic powder
1 clove garlic, pressed
1 tsp. basil
1/2 tsp. oregano
1/2 tsp. black pepper
2 tsp. olive oil
1/2 tsp. cayenne pepper, if desired
1 cup chopped fresh parsley
1 small zucchini, unpeeled, cut in

Make muffins moister without baking cups

Muffins are moister when baking cups are not used. Without putting the cup, heat reflects back onto the muffin. That may cause them to brown faster so they remain moister inside. Watch baking time carefully with either variation.

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small cubes
2 ribs celery, chopped
2 small carrots, diced
4 green onions, chopped
4 to 5 leaves Swiss chard or spinach, chopped
1 cup small lime beans
1/2 tsp. margarine
(16 oz.) 1/2 cup tomatoes, mashed
2 1/2 cup uncooked macaroni or spaghetti

Place undrained beans in large kettle. Mash about two-thirds of beans, leaving the rest whole.

Add garlic powder, garlic, basil, oregano, basil and cayenne pepper, olive oil and margarine. Stir well. Add zucchini, celery, carrots, lima beans, onions, chives, margarine, tomatoes and water. Simmer 15 minutes.

Add macaroni to simmer 15 minutes before serving. Add more water or 1/2 cup white wine if too thick.

Yields 8 servings. 238 calories, 6.5 gm fat, 166 mg. sodium, no cholesterol each.

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Sausage and vegetable soup

1 tbs. oil
3 medium apples, peeled, chopped
1/2 cup chopped onion
3/4 cups beef broth or bouillon
1 lb. Polish sausage, cut in half
1/2 cup sliced carrots
1/2 tsp. salt
1/2 tsp. pepper
3 cups shredded cabbage
2 tbs. cornstarch

In a large saucepan, heat oil over medium heat. Add apples and onions. Stirring frequently, cook 5 minutes or until very tender.

Stir in 3 cups broth, sausage, carrots, salt and pepper. Bring to a boil. Reduce heat. Cover and simmer 30 minutes.

Stir in cabbage. Simmer 10 minutes longer.

In a small bowl, mix cornstarch and remaining 1/2 cup broth until smooth. Stir into soup. Stirring constantly, bring to boil over medium heat and boil 1 minute.

Makes 8 (1-cup) servings.

Zesty rice lasagna

1 cup uncooked long grain rice
1/2 cup slightly beaten
1/2 cup plus 2 tbsps. grated parmesan cheese
2 cups shredded mozzarella cheese
1/2 cup cottage cheese
1 lb. lean ground beef
1/2 cup (15 oz.) spaghetti sauce

Cook rice according to package directions. Cool slightly. Add eggs and 1/4 cup parmesan cheese. Mix thoroughly. Set aside.

Combine 1/4 cup parmesan, mozzarella and cottage cheeses. Mix well.

Brown meat. Drain off excess fat. Add spaghetti sauce. Continue cooking until thoroughly heated.

Spoon half of rice mixture into a 9x13-inch dish. Cover with half the cheese mixture. Top with half the meat sauce. Repeat layers. Top with remaining 2 tablespoons spaghetti sauce.

Bake at 375° for 15 to 20 minutes or until thoroughly heated.

Serves 6 to 8.

Oriental chicken dumpling soup

1 egg white
1/2 lb. chicken, finely chopped
1/2 cup finely chopped water chestnuts
1/4 tsp. cornstarch
1/4 cup soy sauce
1/4 cup minced fresh ginger
1/2 cup carrots, cut in matchstick thin strips
2 cans (10 1/2 oz.) chicken broth
1/2 cup can water
1/2 cup snow peas
Sliced radishes for garnish

In small bowl, beat egg white with fork until foamy. Add chicken, water chestnuts, cornstarch, soy sauce and ginger. Mix well. In a large saucepan, heat 2 cups water over high heat. Add 2 cups water to boiling. Drop chicken mixture by teaspoons into water. Reduce heat to low. Simmer 2 to 5 minutes until radishes rise to surface. With slotted spoon remove balls. Set aside. Discard water.

In same saucepan over high heat, add 1/2 cup water. Bring to a boil. Add carrots. Reduce heat to low. Simmer 5 minutes. Add snow peas. Simmer 2 minutes more.

Add broth to broth. Heat through. Ladle into bowls. Top with sliced radishes.

Makes 6 cups or 6 servings; 105 calories and 891 mg. sodium each.

In a 2-quart microwave-safe casserole, place 1/2 tablespoons water. Drop half the chicken mixture by teaspoons into water. Cover. Microwave on high 1/2 minute or until chicken turns white. With slotted spoon, remove balls. Set aside. Repeat with remaining chicken mixture.

In same casserole, combine broth, can of water, carrots, snow peas and radishes. Cover. Microwave on high 7 minutes, stirring twice during cooking.

Microwave saucy burritos

2 pkgs. (5 oz. ea.) beef and bean burritos
1 cup chopped tomato
1/4 cup chopped green pepper
1/4 cup sliced ripe olives
2 tbs. salsa
1/2 cup (1 oz.) shredded hot pepper cheese

In a 9-inch microwave-safe pie plate, place burritos.

In small bowl, combine tomato, green pepper, olives and salsa. Pour vegetable mixture on top of burritos. Heat, covered, on high 9 to 11 minutes or until hot, rotating plate once.

Uncover. Sprinkle cheese on top. Let cover. Let stand 2 to 3 minutes before serving.

Makes 2 servings.

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Hearty foods help to cast aside winter chill

As blustery weather chills the body, soups, stews, casseroles and other stick-to-the-bones dishes are the order of the day, and hearty fare is often synonymous with heavy, fatty foods, it is not necessary.

A lighter and leaner approach to cooking is a lot healthier than in great-grandmother's day. Fortunately it is a lot faster, too. From low-fat dairy products to lean, quick-cooking oils, flour and try, from enriched pasta and pre-cooked rice to stuffing mixes, frozen vegetables and meat, there is a bounty of nutritious ingredients available for making hearty yet healthy meals in a hurry.

Good taste and good looks figure anyone's menu. Pasta carbonara, when prepared the classic home-style way, is loaded with fat from butter, heavy cream, cheese and bacon. It is possible to do a healthier version, preserving the same pleasing flavor combinations.

The only ingredient cooked is the pasta. The peas are simply heated in the same cooking water. Then they and the other ingredients are tossed with the hot, cooked spaghetti before serving.

To complement the carbonara, serve Vegetable-Tomato Bake, a vegetable mixture baked with white wine, tomatoes and grated cheese. The dish is easy to put together and is a great lot of flavor without a lot of fat.

Another simple and healthful meal is Fish Fillets Baked with Orange Stuffing served with Broccoli. Stuffed with tiny peas, convenient ingredients such as whole frozen trout and stuffing mix make the entree easy to fix, and orange juice and rind add flavor. Herbs and other seasonings instead of butter or margarine and making sauce from pureed vegetables are good tips for healthy cooking.

A frozen vegetable, quick-cooking rice and chicken broth are the basic ingredients in Vegetable-Rice Soup, a convenient and nutritious preparation that is a good cold-weather meal.

Broccoli with red pepper sauce

1 pkg. (10 oz.) frozen broccoli
1 jar (6 oz.) roasted red peppers
1/2 cup chopped red onion
Dash pepper sauce
1/2 cup butter or olive oil

Prepare broccoli as directed on package.

Blend peppers, onion and pepper sauce in food processor until smooth. Slowly add oil while processing until blended.

Scrub over broccoli.

Makes 2 servings; about 130 calories, 5 gm. protein, 14 gm. carbohydrate, 8 gm. fat, 480 mg. sodium and 3 gm. dietary fiber each.

Vegetable-rice soup

1 can (13 1/2 oz.) chicken broth
1/2 cup (16 oz.) frozen broccoli, baby carrots and water chestnuts
1/2 cup chopped scallions
2 tbsp. lemon juice
1/2 tsp. nutmeg
2 tbsp. fast-cooking rice

Bring broth to boil in large saucepan. Add vegetable mix.

ture, scallions, lemon juice and nutmeg. Simmer 4 minutes. Stir in rice. Cover. Remove from heat. Stand 5 minutes. Makes 2 cups or 2 servings; about 110 calories, 7 gm. protein, 16 gm. carbohydrate, 2 gm. fat, 700 mg. sodium and 3 gm. dietary fiber per serving.

Vegetable-tomato bake

2 medium tomatoes, sliced
1/2 pkg. (16 oz.) frozen broccoli, cauliflower and carrots, thawed
1/2 cup grated parmesan cheese
2 tbsp. white wine
1/2 tsp. basil
Dash pepper

Spray 8-inch square baking dish with vegetable oil cooking spray. Place half the tomatoes on bottom of dish. Spread with 1/2 cup cheese. Layer with tomatoes. Sprinkle with half the cheese, then white wine, basil and pepper. Top with remaining tomato slices. Sprinkle with remaining cheese.

Bake at 425° for 15 minutes, or until cheese is melted and vegetables are heated through. Makes 2 servings; about 110 calories, 5 gm. protein, 11 gm. carbohydrate, 3 gm. fat, 180 mg. sodium and 3 gm. dietary fiber each.

Spaghetti carbonara style

1/2 cup plain yogurt
2 tbsp. dairy sour cream
4 oz. spaghetti, uncooked
1/2 pkg. (16 oz.) tiny peas
1/2 cup key ham, cut in thin strips
1/2 tsp. cracked pepper
1/2 cup grated parmesan cheese

Combine yogurt and sour cream in small bowl. Set aside. Cook pasta as directed on package. Place frozen peas in strainer and drain pasta water directly over peas.

Toss pasta and peas with turkey ham, pepper and yogurt sauce. Sprinkle with cheese.

Makes 2 servings; about 370 calories, 21 gm. protein, 53 gm. carbohydrate, 8 gm. fat, 480 mg. sodium and 3 gm. dietary fiber each.

Snappy salmon mold

2 envelopes unflavored gelatin
2 cups cold water
1 cup mayonnaise or salad dressing
1/2 cup French salad dressing
1/2 cup dairy sour cream
1/2 cup (16 oz.) can salmon, drained, flaked
1 cup chopped celery

Soften gelatin in cold water. Stir over low heat until dissolved. Cool. Gradually add gelatin to salad dressing, French dressing and sour cream, mixing until blended. Chill until set.

Fold in salmon and celery. Pour into lightly oiled 1 1/2 quart mold. Chill until firm.

Unmold, garnish with curly endive, if desired. Makes 6 servings.

Note: This savory salmon mold is an excellent salad especially for buffets. Serve the mold on a large platter surrounded by a variety of fresh vegetables, such as cucumbers, her twists, tomato wedges, carrot curls and radish roses.

Vegetable medley

1 can (16 oz.) French green beans, drained
1 can (16 oz.) tiny peas, drained
1 can (15 oz.) fancy Chinese vegetables, drained
1/2 cup (16 oz.) water chestnuts, thinly sliced
1/2 cup thin sliced celery
3 medium onions, thinly sliced
1/2 cup Russian dressing
2 tbsp. soy sauce

Combine beans, peas, Chinese vegetables, water chestnuts, celery, onions, sliced dressing and soy sauce in large bowl. Mix well. Refrigerate, covered, overnight. Makes 8 servings.

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Golden crunch cookies

2 very ripe, medium bananas, peeled
1/2 cup butter or margarine, softened
1 egg
1/2 cup plain yogurt
1 tsp. vanilla
1/2 cup flour
1/2 cup baking powder
1/2 tsp. salt
2 cups sweetened raisin granola cereal
1/4 cup sunflower seed nuts

Pure bananas in blender to make 1 cup.

Beat butter and honey until smooth.

Combine flour, baking powder and salt. Add to banana mixture. Beat until blended. Stir in granola and sunflower seed nuts.

Dry, evenly heating baking sheets. Smooth top with spoon.

Bake in 375° oven 12 to 15 minutes.

Makes about 2 1/2 dozen cookies.

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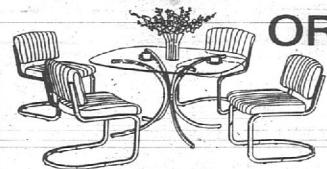


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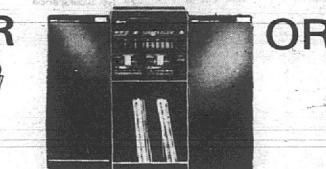
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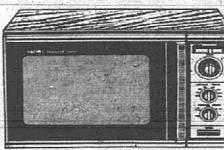
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Warm soup delicious way to fight frigid temperatures

There is nothing like a bowl of soup to help warm winter months. No matter how it is made, soup has a warming effect that will raise the winter spirit.

A few simple additions to a soup can transform a meal into a celebration. For instance, add a tablespoon of soy sauce and chopped green onions to a can of chicken with egg noodles soup. Another effect can be had by combining a teaspoon of chili powder with chunky beef soup. Top with grated cheddar cheese for a final touch.

The following recipes for hearty soups and stews start with the convenience and great taste of prepared soups. Friends and family will love them. It is a sure route to a warmer destination.

Country Chicken Soup is a hearty and delicious way to heat up a blustery day. Made with skin, broth and chunks of chicken, carrots, corn and red potatoes. Country Chicken Soup can take the bite out of the nation.

Kielbasa, burgundy wine, a pouch of onion soup, a pinch of cumin and a dash of paprika are the start to a delicious Middle Eastern Lentil and Sausage Soup. Top with chopped hard-boiled egg and lemon wedge for extra flavor.

Seaside Chowder gets a smooth and creamy taste from a can of potato soup. Added to the soup are bacon, shrimp, halibut, thyme and tomato sauce; resulting in a rich chowder.

Combine pork cooked with garlic, oregano, tomatoes, green chilies, pinto beans and beef broth for a wonderful Pork and Chili Soup. Add ground red pepper for a burst of flavor.

Country chicken soup

4 cans (14 oz. each) chicken broth
5 carrots, peeled, cut in 1 inch pieces
1 lb. turnips, peeled, cut in 1 inch pieces

1 lb. red potatoes, cut in 1 inch pieces

1 small bay leaf
1/2 tsp. thyme leaves, crushed
1 medium clove garlic, minced

2 lbs. turnips, cut up, skinned
1 lb. parsnips, peeled, cut in matchstick strips

1/4 cup chopped fresh parsley
1/2 tsp. pepper
1 medium leek, split in half lengthwise, cut in 1 inch pieces

In large Dutch oven over high heat, heat broth to boiling. Reduce heat to low. Add carrots, turnips, potatoes, bay leaf, thyme and garlic. Cover. Simmer 30 minutes.

Add chicken, parsnips, parsley and pepper. Simmer 30 minutes more or until vegetables are tender.

With slotted spoon, remove chicken from soup. Remove meat from bones and return

meat to soup. Add leeks. Heat through.

Remove bay leaf.
Makes 13 cups or 7 servings, 244 calories and 1167 mg. sodium per serving.

Middle Eastern lentil and sausage soup

4 oz. kielbasa, cut in thin slices

1/2 cup burgundy or other dry red wine

1 pouch onion soup mix

1 can (10 1/2 oz.) hearty lentil soup

1/2 cup tomato sauce

1 hard-cooked egg, chopped

Lemon wedges

In 2-quart saucepan over medium heat, brown kielbasa, stirring often.

Add wine, onion soup mix and cumin. Cook 2 minutes, stirring often.

Add lentil soup, water and tomato sauce. Cook 5 minutes, stirring occasionally.

Top each serving with egg. Serves 4.

Makes about 4 cups or 4 servings, 206 calories and 1130 mg. sodium each.

Seaside chowder

2 slices bacon, cut in 1/2 inch pieces

1/2 cup chopped onions

1 medium clove garlic, minced

1/2 tsp. thyme leaves, crushed

1 can (10 1/2 oz.) cream potato soup

1 cup milk

1 lb. shrimp, peeled, deveined

1 lb. halibut, cubed

1 can (8 oz.) tomato sauce

1/2 cup chopped fresh parsley

Generous dash pepper

In 2-quart saucepan over medium heat, cook onions with garlic and thyme until tender. Stir in soup. Gradually stir in shrimp, halibut, tomato sauce, parsley and pepper. Reduce heat to low. Simmer covered, 5 minutes or until fish flakes easily when tested with fork.

Garnish with reserved bacon.

Makes 4 cups or 4 servings, 338 calories and 1095 mg. sodium each.

Pork and chili soup

1 tbsp. oil

1 lb. boneless pork loin, cut in 1/2 inch cubes

1/2 cup chopped onion

2 medium cloves garlic, minced

1 can (14 oz.) beef broth

1 can (8 oz.) tomatoes, undrained, cut up

1/2 cup (4 oz. each) chopped green chilies

1 can (about 16 oz.) pinto beans, drained

1/2 cup oregano leaves, crushed

1/2 tsp. ground red pepper, if desired

In large bowl, combine cereal, raisins and oil.

Place water in 1-cup microwave-safe cup. Microwave on high power for 4 minutes until boiling. Pour boiling water over cereal mixture. Set aside.

In small bowl, combine buttermilk, eggs, molasses and honey. Add to cereal mixture.

In another bowl, combine flour and baking soda. Add to cereal

in 3-quart saucepan over medium heat. In hot oil, cook pork and onion with garlic until pork is browned on all sides and onion is tender.

Add broth, tomatoes, chilies, pinto beans, oregano and red pepper. Reduce heat to low. Simmer 25 minutes.

Makes 4 servings, 482 calories and 1350 mg. sodium each.

Best Southern fried chicken

1 chicken (3 lb.), cut up
1 tbsp. fat for frying (chicken fat is most flavorful)

1/2 cup flour

1 tsp. light seasoned salt

1/2 tsp. paprika

1/2 tsp. poultry seasoning

1/2 tsp. onion powder or garlic powder

1/2 tsp. pepper

1/2 cup water

Select a non-stick skillet with tight-fitting lid.

Remove all skin and visible fat from chicken. If chicken fat is not available, fry in oil long enough to render 1 tablespoon fat. Then discard skins. If oil is used, omit this step.

Combine flour, seasoned salt, paprika, poultry seasoning, onion powder and pepper in plastic bag or bowl. Shake or roll chicken, one or two pieces at a time, in seasoned flour. Set aside on waxed paper. Coat all chicken with flour.

Heat 1 tablespoon fat in skillet. Add chicken, starting with breasts, then legs, thighs, wings and back. Brown over medium heat, about 10 to 12 minutes per side, until golden brown on all sides.

Add 1/2 cup water to chicken. Cover tightly. Reduce heat to low. Simmer 30 minutes. Remove cover, turn up heat and cook off any remaining liquid. Continue frying chicken until reddish-brown, 1 to 2 minutes.

Makes 4 servings; 245 calories, no fiber and 380 mg. sodium per serving.

Fiber-full bran muffins

3 cups shredded bran cereal

1 cup oil

2 cups buttermilk

1/2 cup molasses

2 1/2 cups whole wheat flour

3/4 cup raisins

1 cup water

2 eggs, lightly beaten

3/4 cup brown sugar

2 1/2 tsp. baking soda

In large bowl, combine cereal, raisins and oil.

Place water in 1-cup microwave-safe cup. Microwave on high power for 4 minutes until boiling. Pour boiling water over cereal mixture. Set aside.

In small bowl, combine buttermilk, eggs, molasses and honey. Add to cereal mixture.

In another bowl, combine flour and baking soda. Add to cereal

mixture, stirring only until dry ingredients are moistened. Cover batter with plastic wrap and let stand 1 hour (15 minutes minimum).

Line each cup of microwave-safe muffin tray with double thickness of paper cupcake liners. Fill two-thirds full.

Microwave one tray at a time, 6 muffins, on medium-high power for 5 minutes. Turn tray a half turn. Microwave on medium-high (70 percent) 1 1/2 to 2 1/2 minutes until toothpick inserted in center comes out clean. Moisture on top of muffins will dry

upon standing. Immediately remove muffins from tray and cool on racks. Repeat with remaining batter.

Makes 24 muffins; 117 calories, 14 gm. protein, 24 mg. cholesterol, 65 gm. carbohydrate and 186 mg. sodium each.

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Save an additional \$25 when you clip the coupon below and bring it to any participating Pearl before March 12, 1988.

SAVE \$25

Bring this coupon to Pearl and save \$25 on any complete pair of eyeglasses.

- Coupon valid through March 12, 1988 at participating Pearl Vision Centers.
- Coupon must be presented at time of order.
- No other discounts apply.
- Complete eyeglasses include frames and lenses.
- \$50 minimum purchase.

PEARL
vision center

NOBODY CARES FOR EYES
MORE THAN PEARL.



BRONZINI (16) GIVENCHY HAUTE COUTURE

GRANITE CITY

3305 NAMEOKI ROAD

876-2438

CHECK THE YELLOW PAGES FOR OTHER ST. LOUIS LOCATIONS.
CALL OPTOMETRIC SERVICES PERFORMED BY STATE REGISTERED OPTOMETRISTS.

NOW
THROUGH
MARCH
12th



CHRISTIAN DIOR (287) CARRERA (554)



CHERYL TIEGS (66)

FAIRVIEW HEIGHTS

1079 1/2 LINCOLN TRAIL

(IN FRONT OF TARGET)

397-4010

Made especially for menthol smokers by Marlboro.

A New Menthol



Great refreshment
in the Flip-Top box.



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema; And May Complicate Pregnancy.

10 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

© Philip Morris Inc. 1988

Classified liners

Sunday
 Deadline 3 p.m. Friday
 Rate 10 words, \$3.25
 (Each additional 5 words, 80¢)

Wed.-Thurs.
 Deadline 4:30 p.m. Monday
 Rate 10 words, \$4.85
 (Each additional 5 words, \$1.05)

All three issues
 Rate 10 words, \$7.00
 (Each additional 5 words, \$1.35)
 No cancellation for three issues

All Illinois
 Deadline 10:00 a.m. Monday
 Rate 10 words, \$14.15
 (Each additional 5 words, \$5.40)

Call 877-7700
 'We'll gladly bill you!'
 (Certain ads must be pre-paid)

Classified directory

TRANSPORTATION

10 Auto for Sale
 20 ImportSports Cars
 30 Antique/Specialty Cars
 40 Cars/Trucks/Vans
 50 Trucks/Trucks/Leases
 60 Pickups/4 Wheel Drives
 70 Vans
 80 Commercial Vehicles
 90 Motor Homes
 100 Travel Trailers
 110 Utility Vehicles
 110 Campers
 120 Motorcycles
 130 Boats
 133 Boat/Cancer Rental
 140 Airplanes
 150 Auto/Truck Financing
 150 Auto/Vehicle Insurance
 160 Auto/Parts/Accessories
 170 Auto/Parts/Accessories
 180 Automotive Accessories

EDUCATION

100 Day Care

220 Schools/Colleges

EMPLOYMENT

310 Professional Careers

320 Help Wanted

320 Medical Care

350 Employment

Information

360 Business Opportunities

370 Situations Wanted

375 Child Care Wanted

375 Situations Wanted

380 Child Care

385 Domestic Services

390 Residential Services

NOTICES

400 Happy Ads

401 Happy Valentines

402 Mothers Day Greetings

410 Societies/Lodges

PROFESSIONAL SERVICES

500 Accounting
 500 Tax Services
 500 Legal Services
 500 Advertising Service
 500 Attorneys
 500 Business Services
 500 Catering/Bartending
 500 Clerical Services
 500 Consulting
 500 Drafting Services
 500 Engineering Services
 500 Florists
 500 Insurance
 500 Interior/Decorating Design
 500 Medical Services
 500 Notary Services
 510 Photography
 520 Printing
 520 Travel
 540 Video Taping

SERVICE DIRECTORY

500 Alarm Systems

500 Auto/Parts/Accessories

500 Building/Painting

500 Cleaning

500 Copying

500 Drafting

500 Electrical

500 Equipment

500 General Contractors

500 Heating/AC

500 Landscaping

500 Locksmiths

500 Maintenance Services

500 Painting

500 Plumber/Plumbing

500 Repair

500 Roofing

500 Sewing

500 Trucking

500 Welding

500 Window Cleaning

500 Clock/Watch Repair

500 Custom Framing

500 Dry Cleaning

500 Drapery/Shades/Blinds

500 Electrical

500 General Contractors

500 Heating/AC

500 Landscaping

500 Locksmiths

500 Maintenance Services

500 Painting

500 Plumber/Plumbing

500 Repair

500 Roofing

500 Sewing

500 Window Cleaning

500 Clock/Watch Repair

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